

# A Review “The Necessity of Launching Adolescent Health Programme in Schools”

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## A Review of the Editorial Article

### “The Necessity of Launching Adolescent Health Programme in Schools”

By Wg Cdr Ranjit Kumar Mandal

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I had gone through the article and found it to be very informative and useful which suggests remedies to some social and educational issues with statistics. The author has brought out many valid points and made some suggestions in the article. I appreciate the new definition of ‘Health’ given by the WHO, specially its third dimension – ‘The Social Wellbeing’, which he has mentioned. The remedies that the WHO has prescribed and brought out by the author appear to be very apt options in the present global context.

The adolescent age is the prime age wherein the future of the child is shaped. School is the institution wherein a child’s adolescent age starts and almost ends. So, grooming of a child remains the major responsibility of schools. I fully agree that all schools should launch ‘School Health Programme’ and promote healthy growth of the youth of a country. The Government of a country also should support the programmes financially and otherwise. It should take a shape of a movement.

When the schools are assessed for the best school titles, one of the major criteria should be the implemented the school health programme. However, it is surprising to note that the WHO and UNESCO provisions have been existing since decades but still the degree of effectiveness noticed in this fields appears to be due to lack of proper initiative, co-ordination and co-operation. I am happy to find that some initiatives are being taken now.

Besides the points brought out by the author in the article, I like to add that the state of poor mental health among our students is not only due to malnutrition and poor food habit, but also due to excessive use and engaging in the electronic gadgets by the students. Mobiles, tab etc. are no doubt attractive at this adolescent age but the obsession for them is also responsible in spoiling the health of the youths by drawing them away from the physical activities. Violence in movies, TV serials, print media etc are also affecting mental health of our youths. To my opinion measures are to be taken to curtail it by educating the children of their bad effects.

The author should have mentioned about the ill effect of excessive use of electronics of the youth. A word of caution on this would have made the article more comprehensive and complete. The author could have brought out the role of WHO and UNESCO and the cause as to why such organisations could not become effective, as expected.

The author has highlighted the role of ‘Indian Association for Adolescent Health (IAAH)’ and the benefits derived by the schools which followed the ‘School Health Programme’. It has been brought out the some schools including the BGS World School, Chickballapur, Karnatak of India have taken steps in this direction. It is laudable. The case studies brought out in the article are impressive and aptly highlights success story of a school.

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